in the tempo of today

the *New*

SYMPHONY OF FOODS

Meat Recipe Book

Presented at The

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the New SYMPHONY OF FOODS Meat Recipe Book

Individual Pot-Roasts

BRAISE

3 pounds beef shanks
½ cup flour
3 tablespoons lard or drippings
3 teaspoons salt
½ teaspoon pepper
½ cup finely chopped onion
1 cup water
2 cups chopped carrots
½ cup chopped green pepper
1 cup chopped celery

Have shanks cut in one-inch slices. Dredge meat in flour and brown in hot lard or drippings. Season, add onion and water. Cover and simmer 3 hours, or until tender. Add other vegetables the last 30 minutes. Remove meat and make gravy from liquid in which meat and vegetables have cooked. 6 servings.

Lamb Shanks—Lima Beans

BRAISE

4 lamb shanks
1½ cups dried lima beans
2 tablespoons lard or drippings
2 cups boiling water
2 teaspoons salt
¼ teaspoon pepper
6 medium onions
6 carrots
¼ cup flour
½ cup water
1 teaspoon chili powder

Select 4 large or 6 small lamb shanks. Cover lima beans with water and soak overnight. Brown lamb shanks in hot lard or drippings. Add lima beans, which have been drained, salt, pepper, and boiling water. Bake in covered casserole for 2 hours in moderately slow oven (300° F.). Add whole onions and carrots and continue cooking one hour longer or until meat is tender. Remove meat and vegetables. Combine flour, chili powder and water, add to liquid and boil 2 to 3 minutes. Pour gravy over meat and vegetables. 4 to 6 servings.

MEAT — RICH IN HIGH-QUALITY PROTEIN

LEFT-OVER

Ham—Cornbread Shortcake

2 cups Cornbread Mix (See page 33)
1 cup milk
1 egg, beaten

Add milk and egg to Cornbread Mix stirring until thoroughly blended. Pour into greased 8-inch cake pan, which has been lined with waxed paper. Bake in moderately hot oven (400° F.) for 25 minutes. Remove from pan, split and serve with ham mixture between and over the top. 8 servings.

Creamed Ham

1½ pounds cooked ham
6 tablespoons butter
½ cup flour
3 cups milk
1 cup cooked peas
⅓ cup diced green pepper
1½ tablespoons Worcestershire Sauce

Dice ham in one-half inch cubes. Melt butter and blend with flour. Add milk and cook, stirring constantly until thickened. Add remaining ingredients and heat thoroughly.

COOK IN LIQUID

American Chop Suey

2 veal or pork hearts
3 tablespoons lard or drippings
½ cup coarsely cut onions
1½ cups diced celery
½ teaspoon salt
⅛ teaspoon pepper
½ cup water
1½ cups shredded cabbage
3 tablespoons cornstarch
1 tablespoon molasses
2 tablespoons water

Cut hearts into one-half inch cubes. Cook in lard or drippings without browning for 30 minutes. Add onions, celery, seasonings, and one-half cup water. Cover and simmer until vegetables are done. Add shredded cabbage and cook until tender. Combine cornstarch, molasses and 2 tablespoons water and stir until smooth. Add to hot mixture, stirring constantly until thick. Serve over boiled rice. 6 servings.

Mexican Luncheon

BRAISE

1 pound bulk pork sausage
1 cup diced onion
1 cup diced green pepper
2 cups tomatoes
2 cups sour cream
2 cups uncooked macaroni
2 tablespoons sugar
1 tablespoon chili powder
1 teaspoon salt

Brown sausage, onions and green pepper. Add tomatoes, sour cream, macaroni and seasonings. Cover. Simmer 20 minutes. 8 servings.

Liver Fritters

DEEP-FAT FRY

1 pound sliced liver
1 tablespoon lard or drippings
½ cup milk
1 cup shredded bran
1 egg, beaten
2 teaspoons baking powder
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons flour
¼ cup chopped green pepper
¼ cup grated onion
Lard for deep frying

Brown liver in hot lard or drippings until browned on each side, about 5 minutes. Grind liver. Pour milk over shredded bran to soften, then add to liver. Add egg and dry ingredients, green pepper, and onion. Mix thoroughly and drop by spoonfuls into deep hot lard (360° F.). Cook until brown. Drain on absorbent paper. Yield: 3 dozen small fritters.

Leg of Lamb

ROAST

Do not have the fell removed from leg of lamb. Season with salt and pepper. Place meat, skin side down, on rack in open roasting pan. Insert meat thermometer so bulb reaches center of the thickest part, and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow approximately 30 to 35 minutes per pounds. A 6-pound leg of lamb will serve 8 to 10 people.

MEAT IS IMPORTANT IN YOUR CHILD'S DIET

BAKE

Sausage Upside Down Pie

1 pound bulk pork sausage
2 tablespoons water
2 medium onions, sliced
1 can tomato soup
2 cups Biscuit Mix
(See page 32)
½ cup milk

Shape sausage into patties and place in skillet. Add water, cover, and simmer 15 minutes. Remove cover and allow water to evaporate and sausage to brown. Place sausage in casserole. Brown onion rings in sausage drippings. Arrange onions on meat, cover with tomato soup. Add milk to Biscuit Mix to make a soft dough. Roll to fit casserole, and place on top of meat mixture. Bake in moderately hot oven (400° F.) for 15 to 20 minutes. Turn out on platter and serve. 6 servings.

BAKE

Meat Timbales

¾ pound ground lamb or beef
¼ cup dry bread crumbs
½ cup milk
1 teaspoon salt
⅛ teaspoon pepper

Combine all ingredients. Line ungreased muffin pans with the meat mixture to a thickness of one-fourth inch. Fill with creamed potatoes and bake in a moderate oven (350° F.) for 30 minutes. 6 to 8 servings.

Creamed Potatoes

4 medium potatoes
1 cup milk
Salt and pepper

Peel and dice potatoes. Place in sauce pan with milk. Cover and simmer for about 20 minutes. Remove cover and cook until thick. Add seasonings and fill meat cups.

Pork Loin

ROAST

Have the backbone of the pork loin loosened by sawing at right angles to the ribs. Season with salt and pepper. Place fat side up on a rack in open roasting pan. Insert a meat thermometer so the bulb reaches thickest part, and does not rest in fat or on bone. Do not add water; do not cover. Roast in a moderate oven (350° F.) to the desired degree of doneness. Allow about 30 minutes per pound for roasting.

Beef and Kidney Stew

COOK IN LIQUID

½ pound kidney (beef, lamb or pork)
½ pound beef stew meat
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons lard or drippings
3 cups water
2 cups diced potatoes
2 cups diced carrots
1 cup diced onion
3 tablespoons flour
½ cup water

Wash kidney, remove fat and cut into half-inch cubes. Dice meat. Dredge cubes of kidney and beef in flour. Brown well in hot lard or drippings. Season. Add water and cook for one hour. Then add chopped vegetables and continue cooking for 15 minutes or until vegetables are done. Without removing meat and vegetables, thicken the liquid for gravy. 6 servings.

Ham Slice

BROIL

Have ham slice cut three-fourths inch thick. Score fat around edge of ham to prevent curling. Turn oven regulator to broil. Place on broiler rack and insert in broiler so that top of ham is 2 to 3 inches from the heat. When brown, turn and brown on other side. Broil 8 to 10 minutes on each side. 4 to 6 servings.

BROIL

Porterhouse Steak

Have porterhouse, T-bone, sirloin or club steak cut at least one inch thick. Set regulator to broil. Place on broiler rack. Insert broiler pan so that the top of a one-inch steak will be 2 to 3 inches from heat and a 2-inch steak will be 3 to 4 inches from heat. When one side is browned, season with salt and pepper, turn and finish cooking on other side. Season. Steaks cut one inch thick require 8 to 10 minutes on each side. Two-inch steaks require 15 to 20 minutes on each side.

ROAST

Standing Rib of Beef

Select a 2 or 3 rib roast. Have the chine bone loosened. Season roast with salt and pepper. Insert a meat thermometer so bulb reaches center of the thickest part, and does not rest in fat or on bone. Place fat side up on a rack in open roasting pan. Do not add water; do not cover. Roast in a slow oven (300° F.) to desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast, 22 to 25 minutes per pound for medium, and 27 to 30 minutes per pound for a well-done roast. 6 to 8 servings.

ROAST

Ham

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, and does not rest in fat or on bone. Do not add water; do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow about 20 minutes per pound.

Stuffed Lamb Chops

BROIL

4 rib lamb chops
2 tablespoons butter
¾ cup soft bread crumbs
⅓ cup crushed pineapple
⅓ cup chopped canned peaches
1 teaspoon salt
⅛ teaspoon pepper

Have lamb chops cut 2 inches thick with pocket from rib side. Remove fell. Melt butter, add crumbs, fruit and seasonings. Stuff chops with fruit mixture. Place on broiler rack. Insert broiler pan so that top of meat will be 3 inches from heat. When one side is browned season with salt and pepper. Turn and finish cooking on other side. Season. Allow 10 minutes on each side. 4 servings.

Pork Chops

BRAISE

6 rib or loin pork chops
2 tablespoons lard or drippings
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons water

Have chops cut one inch thick. Brown in hot lard or drippings in frying-pan. Season, add water and cover. Simmer slowly 30 minutes or until done. 6 servings.

Lamb Thrifties

BROIL

1 pound ground lamb
1 cup grated raw carrots
1 egg
1 teaspoon salt
⅛ teaspoon pepper
2 teaspoons grated onion

Combine all ingredients and shape into patties. Put on broiler rack and place in broiler so that top of meat is 2 to 3 inches from heat. Broil 6 to 8 minutes on each side. 6 servings.

BRAISE

Flank Steak Savoy

1 flank steak
¼ cup flour
2 tablespoons lard or drippings
2 teaspoons salt
¼ teaspoon pepper
¼ cup catchup
1 cup thinly sliced sweet pickles
1 cup thinly sliced onions
1½ cups water
6 medium carrots
6 medium potatoes
1½ cups celery cut in inch pieces

Score steak, pounding flour into both sides with knife. Brown in hot lard or drippings. Place in casserole and sprinkle with salt and pepper, pour catchup over top and cover with pickles and onions. Pour three-fourths cup of water around steak. Cover and cook in moderately slow oven (300° F.) one hour. Add carrots, potatoes, celery, and remaining water. Continue cooking one hour longer or until tender. Serve with gravy in pan, thickened if desired. 6 servings.

DEEP-FAT FRY

Ham-Cheese Balls

½ pound ground cooked ham
¾ cup grated sharp cheese
2 tablespoons grated onion
1 egg
¼ cup cracker crumbs
½ cup milk
1 cup cornflakes
Lard for deep frying

Combine ham, cheese, onion, egg and cracker crumbs and form into eight small balls. Dip in milk, and roll each in crushed cornflakes. Fry in deep lard (360° F.) to a golden brown. Remove from lard and drain. Serve with cream sauce. 4 servings.

Cream Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 teaspoon salt
⅛ teaspoon pepper

Melt butter and add flour, stirring until well blended. Add milk and seasonings. Cook until thick, stirring constantly.

Rolled Lamb Shoulder

ROAST

Have meat retailer bone and roll a lamb shoulder. Season with salt and pepper. Insert meat thermometer so bulb reaches center of thickest part. Place on rack in open roasting pan. Do not cover; do not add water. Roast in slow oven (300° F.) 1½ hours. Turn roast and continue cooking until desired degree of doneness is reached. Allow 35 to 45 minutes per pound. A 4-pound roast will serve 8 to 10 people.

Yorkshire Squares

BAKE

1½ pounds ground beef
1½ tablespoons grated onion
1 teaspoon chopped parsley
1 teaspoon finely chopped chives
1 clove garlic, minced
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon ground cloves

Combine all ingredients and mix well.

1 cup sifted flour
⅓ teaspoon salt
¼ teaspoon nutmeg
⅛ teaspoon mace
⅛ teaspoon cayenne
1 cup milk
2 eggs
1 cup lard or drippings

Combine flour and seasonings with milk to form smooth paste. Add whole eggs, one at a time, beating thoroughly. Beat mixture 2 to 3 minutes after second egg is added.

Place lard or drippings in shallow 8 x 12-inch baking pan. Heat in oven until hot but not smoking. When hot pour in half of flour and egg mixture. Quickly spread meat mixture over it as evenly as possible. Pour remainder of egg mixture over meat mixture and bake immediately in a hot oven (425° F.) until pudding has risen and set, about 20 minutes. Lower temperature to moderate (350° F.) and continue baking for 25 minutes. 6 servings.

BAKE

Ham Banana Rolls

6 thin slices boiled ham
Prepared mustard
6 firm peeled bananas
Cheese sauce

Spread each slice of ham lightly with mustard. Wrap slice of prepared ham around each banana. Place in a greased shallow baking pan and pour Cheese Sauce over bananas. Bake in a moderate oven (350° F.) 30 minutes, or until bananas are tender, easily pierced with a fork. 6 servings.

Cheese Sauce

1½ tablespoons butter
1½ tablespoons flour
¾ cup milk
1½ cups grated American cheese

Melt butter, add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly until sauce is smooth and thickened. Makes about 1 cup sauce.

PAN-FRY

Scotch Pancakes

2 cups ground cooked meat
2 cups cooked oatmeal
2 eggs
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons lard or drippings

Combine meat, oatmeal, eggs and seasoning. Mix thoroughly. Fry pancakes in hot lard or drippings, using one tablespoon of mixture for each. 6 servings.

PAN-FRY

Country Fried Steak

1½ pounds round or chuck steak
½ cup flour
3 tablespoons lard or drippings
Salt
Pepper
½ cup milk

Have steak cut one-half inch thick. Cut into individual servings. Pound or cut flour into steak. Brown slowly on both sides in hot lard or drippings. Season. Do not cover. Reduce heat and allow to cook slowly for 20 minutes. Add milk and allow to cook for 10 minutes longer. 4 to 6 servings.

MEAT — RICH IN HEALTH-PROMOTING B VITAMINS

Ground Beef Rolls

BAKE

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon lard
1 egg
1 tablespoon water
1½ pounds ground beef
1 cup chopped onion
1 tablespoon lard
1 cup mashed potatoes
2 tablespoons milk
1 egg
1 teaspoon salt
¼ teaspoon pepper

Mix flour, baking powder and salt. Cut in lard and add egg and water. Roll out to one-eighth inch thickness. Brown meat and onion in lard. Mix with potatoes, milk, egg, salt and pepper. Spread filling on pastry and roll. Slice in 2-inch pieces. Bake on greased pan in moderately hot oven (400° F.) for 30 minutes or until done. Serve with mushroom sauce. 8 servings.

Mushroom Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 teaspoon salt
⅛ teaspoon pepper
1 small can sliced mushrooms

Melt butter and add flour, combining well. Add milk and seasonings and cook until thick. Add mushrooms to cream sauce.

Liver Ragout

COOK IN LIQUID

1 pound sliced liver
¼ cup flour
2 tablespoons lard or drippings
2 teaspoons salt
½ teaspoon pepper
1 No. 2 can tomatoes
3 medium onions
1 green pepper
12 3-inch pieces celery
1 package frozen peas
¼ cup flour
½ cup water

Cut liver in one-inch pieces. Dredge in flour and brown in hot lard or drippings. Season and add tomatoes. Simmer for 15 minutes. Slice onions and green pepper and add with celery and peas. Continue cooking for 20 minutes. Combine flour and water and thicken stew. 6 to 8 servings.

MEAT PROTEIN BUILDS RESISTANCE TO DISEASE

LEFT-OVER

Veal Slices, Piquant

1 pound leftover veal roast
1 cup sour cream
2 tablespoons chopped parsley
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon celery salt
⅛ teaspoon garlic salt

Cut veal in one-fourth inch slices and place in baking dish. Combine sour cream with seasonings and spread over meat. Sprinkle with paprika. Bake in slow oven (300° F.) for 30 minutes. 6 servings.

BRAISE

Barbecued Beef Short Ribs

3 pounds beef short ribs
2 tablespoons lard or drippings
1 tablespoon flour
1 tablespoon prepared mustard
2 tablespoons chopped onion
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon Worcestershire sauce
½ cup juice from peach, apple or sweet pickles
½ cup catchup

Brown short ribs in hot lard or drippings. Combine flour and mustard; add remaining ingredients and pour over short ribs. Cover and simmer 2½ hours or until tender. 6 to 8 servings.

ROAST

Rump of Veal

3 to 4-pound veal rump roast
Salt and pepper
4 slices bacon

Season roast with salt and pepper and place on rack in open roasting pan. Lay bacon slices over top of roast. Insert meat thermometer so the bulb reaches the center of thickest part. Do not add water; do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow about 35 to 40 minutes per pound. 6 to 8 servings.

Lamb Stew

COOK IN LIQUID

- 2 pounds lamb shoulder
- ½ cup flour
- 3 tablespoons lard or drippings
- 2 teaspoons salt
- ¼ teaspoon pepper
- Water
- 4 medium carrots
- 4 medium onions
- 4 medium potatoes
- 2 cups cooked peas

Have meat cut in 2-inch cubes. Dredge in flour. Brown on all sides in hot lard or drippings. Season. Cover meat with water; cover and simmer 2½ hours or until tender. About 45 minutes before the end of the cooking time add all vegetables except peas. Cook peas separately and serve over stew. Thicken liquid for gravy. 6 to 8 servings.

Savory Meat Loaf

BAKE

- 1½ pounds ground beef
- ½ pound ground pork
- ¼ cup grated onion
- ⅓ cup horseradish
- 1 teaspoon mustard
- 2 eggs
- 1 cup cracker crumbs
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ⅓ cup tomato soup or catchup
- ⅓ cup milk

Mix all ingredients well. Pack into well-greased loaf pan. Bake in a moderate oven (350° F.) for one and one-half hours. 8 servings.

Pot Luck Special

BRAISE

- ¾ pound pork
- ¾ pound veal
- ½ cup flour
- 2 tablespoons lard or drippings
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 2 cups uncooked spaghetti
- 1 cup whole kernel corn
- 1 can mushroom soup
- 2 cups milk

Have meat cut in one-inch cubes. Dredge in flour. Brown in hot lard or drippings in frying-pan. Season with salt and pepper. Add remaining ingredients. Cover and simmer one hour. 8 servings.

BRAISE

Pork and Noodle Casserole

1½ pounds ground pork shoulder
1 cup chopped onions
1 cup chopped carrots
½ cup chopped green pepper
½ cup chopped celery
1 cup canned tomatoes
1 teaspoon salt
⅛ teaspoon pepper
4 cups cooked noodles
½ cup buttered bread crumbs

Brown ground pork in its own fat. Add chopped vegetables, tomatoes and seasonings. Simmer for 45 minutes. Add noodles to the pork mixture. Turn into greased casserole, cover with buttered crumbs and place in a moderate oven (350° F.) 15 minutes to brown crumbs. 8 to 10 servings.

DEEP-FAT FRY

Blanket Franks

2 cups Cornbread Mix (See page 33)
1 egg, beaten
⅞ cup milk
1 pound frankfurters
8 wooden skewers
Lard for deep frying

Combine Cornbread Mix with egg and milk and stir until well blended. Insert wooden skewers into end of frankfurters and roll in cornbread mixture. Drop into deep lard (360° F.) and fry until well browned. 6 to 8 servings.

ROAST

Economy Meat Loaf

1½ pounds ground beef
½ pound ground pork
2 teaspoons salt
⅛ teaspoon pepper
1 cup cornflakes
1 egg
1 cup tomato juice
¼ cup grated onion
¼ cup chopped green pepper
1 cup grated raw potato
¼ cup chopped celery

Combine all ingredients and mix thoroughly. Pack in loaf pan. Bake in moderate oven (350° F.) 1½ hours. 10 to 12 servings.

MEAT IS IMPORTANT IN THE REDUCING DIET

Frankfurter Crown

ROAST

1½ pounds frankfurters *¼ pound bacon*
Bread Dressing

Thread frankfurters on string through middle, reserving 2 for dressing. Shape in crown and tie. Fill with dressing. Fasten 3 or 4 slices of bacon around crown with toothpicks. Bake in moderate oven (350° F.) for 20 minutes. 6 to 8 servings.

Bread Dressing

¼ pound ground pork
¼ cup grated onion
2 frankfurters
1 teaspoon salt
1 teaspoon poultry seasoning
½ teaspoon pepper
4 cups soft bread crumbs
1 egg
Water or meat stock

Brown ground pork and onions. Slice frankfurters and add with remaining ingredients and enough liquid to hold dressing together. Mix thoroughly.

Buffet Veal Salad

LEFT-OVER

2 cups diced cooked veal *2 cups diced apples*
1 cup diced celery *⅔ cup mayonnaise*
6 lettuce cups

Combine all ingredients and serve in lettuce cups. Garnish with hard-cooked eggs and olives. 6 servings.

Sausage and Apples

BAKE

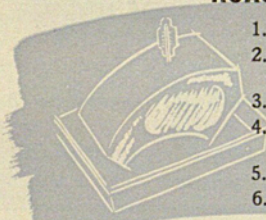
1½ pounds link sausage *6 red apples*
¼ cup brown sugar

Slice unpeeled apples into eighths in bottom of casserole or baking dish. Lay sausage over top and bake in moderate oven (350° F.) 45 minutes or until done. 6 servings.

MEAT — A RICH SOURCE OF PHOSPHORUS

CORRECT MEAT COOKERY

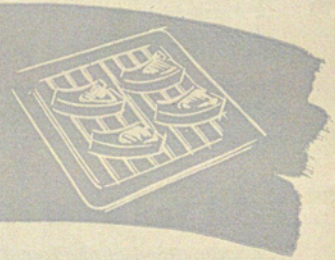
ROASTING*



1. Season with salt and pepper.
2. Place meat, fat side up, on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven.
6. Roast to desired degree of doneness.

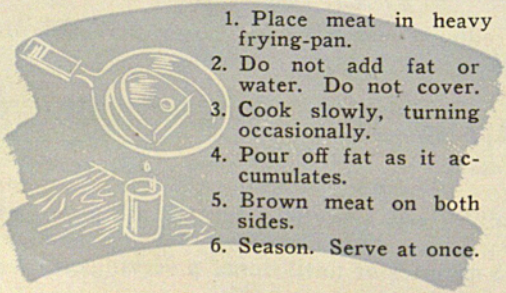
* "Bake," used in some meat recipes, is synonymous with "Roast."

BROILING



1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top is brown.
4. Season with salt and pepper.
5. Turn, cook until done.
6. Season, serve at once.

PANBROILING

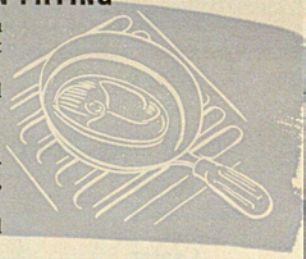


1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour off fat as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

THE KEY TO BETTER MEALS

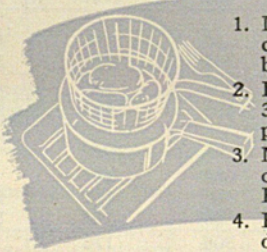
Always Cook Meat at Low Temperature

PAN-FRYING



1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

DEEP-FAT FRYING



1. Melt enough lard to cover the product to be cooked.
2. Heat lard to 350° to 360° F. before adding product.
3. Maintain temperature of fat at 350° to 360° F. and cook until done.
4. Remove from fat and drain. Serve at once.

BRAISING

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

COOKING IN LIQUID

1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

TIME-TABLE FOR ROASTING

Roast	Weight	Oven Temperature Constant	Interior Temperature When Removed from Oven	Approximate Time Per Pound
Beef	Pounds	Degrees F.	Degrees F.	Minutes
Rib				
Standing	6 to 8	300	140	18 to 20
			160	22 to 25
			170	27 to 30
Rolled	6 to 8	300	140	32
			160	38
			170	48
Rump (high quality)				
Standing	3 to 5	300	150 to 170	25 to 30
Rolled	3 to 5	300	150 to 170	30 to 35
Pork—fresh				
Loin				
Center	3 to 4	350	185	35 to 40
Half	5 to 7	350	185	35 to 40
Ends	3 to 4	350	185	45 to 50
Picnic shoulder				
Rolled	4 to 6	350	185	40 to 45
Cushion style	4 to 6	350	185	35 to 40
Boston butt	4 to 5	350	185	45 to 50
Fresh ham	10 to 12	350	185	30 to 35
Pork—smoked				
Ham				
Whole	10 to 12	300	160	15
Shank half	5 to 8	300	160	18 to 20
Butt half	5 to 8	300	160	18 to 20
Shoulder butt	2 to 4	300	170	35
Picnic shoulder	3 to 10	300	170	30 to 35
Lamb				
Leg	6½ to 7½	300	175 to 180	30 to 35
Shoulder				
Whole (bone in)	4½ to 5½	300	175 to 180	30 to 35
Rolled	3 to 4	300	175 to 180	40 to 45
Cushion style	3 to 4	300	175 to 180	30 to 35
Rib	1½ to 3	300	175 to 180	30 to 35
Veal				
Leg				
Rump half	5 to 8	300	170	25 to 30
Shank half	5 to 8	300	170	25 to 30
Loin	3½ to 6	300	170	30 to 35
Rack	2½ to 5	300	170	30 to 35
Shoulder				
Whole (bone in)	7	300	170	25
Rolled	5	300	170	40 to 45

TIME-TABLE FOR BROILING *

Panbroiling requires approximately one-half the time required for broiling.

Cut	Weight	Approximate Total Cooking Time	
		Rare	Medium
Beef	Pounds	Minutes	Minutes
Rib steak—1 inch	1½	15	20
1½ inches	2	25	30
2 inches	2¼	35	45
Club Steak—1 inch	1	15	20
1½ inches	1¼	25	30
2 inches	1½	35	45
Porterhouse or T-bone steak—1 inch	2	20	25
1½ inches	2½	30	35
2 inches	3	40	45
Sirloin steak—1 inch	3	20	25
1½ inches	4¼	30	35
2 inches	5¾	40	45
Ground beef patties 1 inch thick by 3 inches	4 ounces	15	25
Lamb			
Shoulder chops—1 inch	3 ounces	Lamb chops	12
1½ inches	6 ounces	are not	18
2 inches	10 ounces	served rare	22
Rib chops—1 inch	2 ounces		12
1½ inches	4 ounces		18
2 inches	5 ounces		22
Loin chops—1 inch	3 ounces		12
1½ inches	5 ounces		18
2 inches	6 ounces		22
Ground lamb patties 1 inch by 3 inches	4 ounces		18
Pork—Smoked			
Ham slice—½ inch	¾ to 1	Ham always	10 to 12
1 inch	1½ to 2	cooked well done	16 to 20
Shoulder butt slice ½ inch			10 to 12
Canadian-style bacon ¼ inch slices			6 to 8
½ inch slices			8 to 10
Bacon			4 to 5

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 130° F., medium to 160° F. Lamb chops are broiled to 170° F. Ham is cooked well done. The time for broiling bacon is influenced by personal preference as to crispness.

TIME-TABLE FOR BRAISING

	Cut	Average Weight or Thickness	Approximate Total Cooking Time
Beef	Pot-roast	3 to 5 pounds	3 to 4 hours
	Swiss steak	1½ to 2½ inches	2 to 3 hours
	Fricassee	2 inch cubes	1½ hours
	Beef birds	½ inch (x 2 in. x 4 in.)	1½ hours
	Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½ hours
	Round steak	¾ inch	45 to 60 min.
	Stuffed steak	½ to ¾ inch	1½ hours
Pork	Chops	¾ to 1½ inches	45 to 60 min.
	Spareribs	2 to 3 pounds	1½ hours
	Tenderloin		
	Whole	¾ to 1 pound	45 to 60 min.
	Frenched	½ inch	30 minutes
	Shoulder steak	¾ inch	30 to 45 min.
Lamb	Breast		
	Stuffed	2 to 3 pounds	1½ to 2 hours
	Rolled	1½ to 2 pounds	1½ to 2 hours
	Shoulder		
	Chops	½ to ¾ inch	45 minutes
	Cubes	1 to 2 inches	45 minutes
	Neck slices	¾ inch	1 hour
	Shanks	½ pound each	1 to 1½ hours
Veal	Breast		
	Stuffed	3 to 4 pounds	1½ to 2 hours
	Rolled	2 to 3 pounds	1½ to 2 hours
	Birds	½ inch (x 2 in. x 4 in.)	45 to 60 min.
	Chops	½ to ¾ inch	45 to 60 min.
	Chops—breaded	½ to ¾ inch	45 to 60 min.
	Steaks or cutlets	½ to ¾ inch	45 to 60 min.
	Shoulder		
	Chops	½ to ¾ inch	45 to 60 min.
	Cubes	1 to 2 inches	45 to 60 min.

TIME-TABLE FOR COOKING IN LIQUID (large cuts and stews)

	Cut	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
Ham		Pounds	Minutes	Hours
	Shank half	5 to 8	20 to 25	
	Butt half	5 to 8	20 to 25	
Ham Old style Country Cured	Large	12 to 14	20	
	Small	10 to 12	25	
	Half	6 to 8	30	
	Smoked picnic shoulder	4 to 8	45	
	Corned beef	4 to 6	40 to 50	
	Fresh beef	4 to 6	40 to 50	
	Beef for stew			2½ to 3½
	Veal for stew			2 to 3
	Lamb for stew			1½ to 2

Tomato Aspic

3 tablespoons gelatine
¾ cup cold water
4 cups tomato juice
1 bay leaf
1 teaspoon salt
⅛ teaspoon cayenne or pepper
2 tablespoons vinegar
2 stalks celery
2 tablespoons onion juice

Soften gelatine in cold water. Mix tomato juice, bay leaf, salt, cayenne or pepper and celery. Boil 10 minutes. Add to gelatine and stir until dissolved. Add vinegar and onion juice. Strain and pour into a ring mold. Chill. When firm, unmold and garnish. Serve with mayonnaise. 12 servings.

Luncheon Salad

6 large tomatoes
2 hard-cooked eggs
1 cup diced cooked meat
½ cup cooked peas
½ cup mayonnaise
2 tablespoons butter or margarine
6 rounds of toast

Cut the tops off the tomatoes and scoop out the pulp from the center to make cups. Combine diced hard-cooked eggs, meat, peas and mayonnaise. Mix lightly and fill tomato cups. Dot with butter or margarine and place on broiler pan in oven for 10 minutes to brown. Serve hot on toast rounds. 6 servings.

Meat Salad Bowl

4 frankfurters or 2 cups leftover cooked meat
1 No. 2 can kidney beans
½ cup sliced sweet pickle
½ cup French dressing
1 teaspoon salt
1 head lettuce
1 small sliced onion

Skin and cut frankfurters or leftover meat into Julienne strips. Drain kidney beans. Add beans to meat, pickles, and French dressing. Chill. Just before serving, add salt, shredded lettuce and onion. Toss thoroughly. 8 servings.

Red Devil's Food Cake

2 cups sifted cake flour
½ cup lard
1½ cups sugar
½ cup cocoa
2 eggs
½ cup milk
2 teaspoons soda
1 cup boiling water
1 teaspoon vanilla

Line the bottom of two 8-inch cake pans with waxed paper. Cream the lard, add sugar and cocoa. When thoroughly creamed, add eggs and beat well. Add flour alternately with milk in which soda has been dissolved. Add boiling water and vanilla. Pour batter into cake pans. Bake in moderate oven (350° F.) for 30 minutes. 12 servings.

Peppermint Frosting

1½ cups sugar
1 tablespoon white corn syrup
5 tablespoons water
2 egg whites
½ cup crushed peppermint stick candy

Combine all ingredients except candy in top of double boiler and mix well. Beat 3 minutes over boiling water. Remove from fire but leave over hot water and beat 7 minutes longer. Add candy to frosting and spread on cake.

Nut Bread

2 cups sifted flour
3 teaspoons baking powder
¾ teaspoon salt
½ cup sugar
¾ cup chopped nuts
1 egg, beaten
3 tablespoons melted lard
1 cup milk

Sift together flour, baking powder, salt and sugar. Add nuts. Add egg and lard to milk. Add to dry ingredients. Stir only until flour is moistened. Bake in greased loaf pan (5 x 9 inches) in moderate oven (350° F.) for 1 hour. Yield: one loaf.

Chocolate Delights

2 cups sifted flour
1 teaspoon baking powder
1 teaspoon salt
½ cup lard
1 cup sugar
2 eggs
1 teaspoon vanilla
1 8-oz. package chocolate bits
¾ cup chopped peanuts

Sift flour with baking powder and salt. Cream lard, add sugar and continue creaming. Add eggs and vanilla and beat until fluffy. Add sifted dry ingredients. Mix thoroughly. Spread in greased 8 x 12-inch pan. Sprinkle with chocolate bits, spread with meringue, sprinkle with nuts. Bake in moderate oven (350° F.) for 35 to 40 minutes. When cool cut in 2-inch squares. Yield: 2 dozen squares.

Meringue

2 egg whites
1 cup brown sugar
1 teaspoon vanilla

Beat egg whites until stiff. Add sugar and vanilla slowly and continue beating until smooth.

Cheese Sticks

1 cup Pastry Mix (See page 33)
2 to 4 tablespoons cold water
1 cup grated process cheese
1 teaspoon salt

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly with a fork until the dough just forms a ball. Roll to one-eighth inch thickness. Sprinkle half the cheese and salt on half the pastry. Fold and refold four times. Roll again, and sprinkle remaining cheese and salt on half of pastry. Repeat folding process, and roll to one-fourth inch thickness. Cut in strips. Place on greased cookie sheet. Bake in moderately hot oven (400° F.) 8 to 10 minutes. Yield: 3 dozen sticks.

Zig-Zag Pie

1 cup Pastry Mix
(See page 33)
2 to 4 tablespoons cold water
1 package chocolate pudding mix
1 package vanilla pudding mix
3½ cups milk
3 ripe bananas

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly until the dough just forms a ball. Roll to one-eighth inch thickness and line an 8-inch pie pan. Crimp edges and prick well. Bake in hot oven (425° F.) 10 to 15 minutes. Allow shell to cool. Using one and three-fourths cup of milk to a package of pudding mix, prepare each one separately according to directions on the package. Cool. Peel and slice 2 bananas into pie shell and cover immediately with filling. Alternate spoonfuls of light and dark puddings in baked pie shell. With a knife cut through filling with zig-zag motion. Repeat in opposite direction, and chill. Garnish with ripe banana slices just before serving. 6 servings.

Spiced Refrigerator Cookies

1½ cups sifted flour
½ teaspoon baking powder
⅛ teaspoon salt
½ teaspoon nutmeg
¾ teaspoon cloves
⅓ cup lard
½ cup sugar
1 egg, beaten
¾ teaspoon vanilla

Sift flour, baking powder, salt, nutmeg and cloves together. Cream lard and sugar together. Add egg and vanilla. Add dry ingredients and mix well. Form into a roll one and one-half inches in diameter. Wrap in wax paper. Chill thoroughly. Cut in one-eighth inch slices. Place on greased baking sheet and bake in a moderate oven (350° F.) for 10 to 12 minutes or until lightly browned. Yield: 4 dozen cookies.

Cherry Pie

2 cups Pastry Mix (See page 33)
3 to 6 tablespoons cold water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly until the dough just holds in a ball. Roll to about one-eighth inch in thickness and line a 9-inch pie pan allowing one-half inch of crust to extend over the edge. Roll out remaining pastry making several gashes to allow escape of steam. Fill pie shell with cherry filling and place top crust over filling. Cut top crust one-half inch smaller than lower crust. Fold lower crust over the upper. Crimp edges. Bake in hot oven (425° F.) for 35 minutes.

Cherry Pie Filling

2 No. 2 cans or 3 cups canned unsweetened cherries
4 tablespoons cornstarch
1 cup sugar
½ cup cherry juice
1 tablespoon butter or margarine
¼ teaspoon salt
½ teaspoon almond flavoring

Drain cherries. Combine cornstarch and sugar. Add cherry juice and bring to a boil, stirring constantly until thick and clear. Remove from heat and add butter or margarine, salt, cherries, and almond flavoring, stirring carefully to prevent crushing cherries. Cool.

Quick Orange Muffins

2 cup Biscuit Mix (See page 32)
½ cup sugar
2 tablspoons grated orange rind
1 egg, beaten
¾ cup orange juice

Combine Biscuit Mix, sugar and orange rind. Add egg and orange juice and stir until just moistened. Fill greased muffin pans about two-thirds full. Bake in hot oven (425° F.) about 15 minutes or until lightly browned. Yield: 12 muffins.

Pruneapple Pie

2 cups Pastry Mix (See page 33)

3 to 6 tablespoons cold water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly with a fork until the dough just forms a ball. Roll one-half of dough on a lightly floured board or cloth to about one-eighth inch thickness and line a 9-inch pie pan, allowing one-half inch of pie crust to extend over the edge. Add filling. Roll remaining pastry and cut in one-half inch strips. Arrange strips in lattice effect over pie and turn lower crust over strips to make strips secure. Crimp edges. Bake in moderately hot oven (400° F.) for 45 minutes. 6 servings.

Filling

1 cup chopped cooked pitted prunes
4 cups sliced apples
¼ cup orange juice
2 teaspoons orange rind
½ teaspoon salt
¼ cup sugar
2 tablespoons flour
¼ cup prune juice
¼ cup light molasses
1 tablespoon butter

Combine prunes, apples, orange juice and orange rind. Blend salt, sugar, and flour with orange juice and molasses and add to fruit mixture. Pour into unbaked pie shell and dot with butter.

Lazy French Fried Potatoes

Scrub potatoes and cut lengthwise in eighths without peeling. Preheat kettle of lard to 320° F. Fry potatoes until tender but not brown, about 10 minutes. Remove and drain on absorbent paper. When ready to serve, heat lard to 360° F. and finish cooking, about 2 minutes or until brown. Drain, salt and serve hot.

Quick Mix Cake

2 cup sifted cake flour
½ cup lard
1 cup sugar
2½ teaspoons baking powder
1 teaspoon salt
⅔ cup milk
1 teaspoon vanilla
2 eggs

Line bottom of two 8-inch layer cake pans with wax paper. Cream one-half cup flour and lard together using 100 complete strokes (one minute low, on electric mixer). Add remaining flour, sugar, baking powder, salt, vanilla and one-third cup milk. Beat vigorously for 175 strokes (one and one-half minutes low speed). Add remaining milk. Beat again using 50 strokes (one-half minute low speed). Add eggs one at a time, beating 50 strokes after each addition (one-half minute low speed). Pour batter into pans. Bake in moderate oven (375° F.) for 30 minutes.

Chocolate Mocha Frosting

2 cups confectioners sugar
¼ cup cocoa
¼ cup butter or margarine
½ teaspoon salt
¼ cup strong cold coffee
1 teaspoon vanilla

Combine all ingredients and beat until smooth. Spread on cake.

Date Nut Bars

½ cup sifted flour
¼ cup lard
½ cup sugar
2 eggs, separated
½ teaspoon baking powder
½ teaspoon salt
2 cups chopped dates
½ to 1 cup chopped nuts
1 teaspoon vanilla

Cream lard and sugar thoroughly. Add beaten yolks. Add sifted dry ingredients, nuts and dates, and mix well. Fold in stiffly beaten egg whites and vanilla. Pour into greased 9 x 9-inch pan. Bake 45 minutes in slow oven (275° F.). Yield: 16 bars.

Coconut Chews

2 cups sifted cake flour
¼ teaspoon soda
¼ teaspoon salt
⅓ cup melted lard
1 cup sugar
1 cup molasses
¼ teaspoon vanilla
1½ cups coconut
2 eggs

Line bottom of two 8 x 8-inch cake pans with wax paper. Sift dry ingredients together. Combine melted lard, sugar, molasses and vanilla. Add dry ingredients and coconut and mix thoroughly. Beat eggs until lemon colored and fold into batter. Pour into cake pans. Bake 35 minutes in moderate oven (350° F.). Turn out immediately and remove paper. Cool and cut into squares. Yield: 25 squares.

Peanut Butter Muffins

2 cups sifted flour
1 tablespoon baking powder
1 teaspoon salt
¼ cup sugar
¼ cup lard
¼ cup peanut butter
1 egg, beaten
1 cup milk
½ cup chopped raisins or dates

Sift together flour, baking powder, salt and sugar. Cut in lard and peanut butter until mixture is consistency of corn meal. Combine egg and milk, and stir into first mixture to which the fruit has been added, stirring until all ingredients are just moistened. Fill greased muffin tins two-thirds full and bake in a moderately hot oven (400° F.) for 15 to 18 minutes. Yield: 12 muffins.

Drop Biscuits

2 cups Biscuit Mix
(See page 32)
¾ to 1 cup milk

Add milk to Biscuit Mix until soft dough is formed. Drop by spoonfuls on greased cookie sheet and bake in hot oven (450° F.) 12 to 15 minutes. Yield: 10 to 12 biscuits.

Mincemeat Cake

2 cups sifted cake flour
½ cup lard
1 cup sugar
2 eggs, separated
½ teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 tablespoon boiling water
1 teaspoon grated lemon or orange rind
1 tablespoon lemon or orange juice
1 cup mincemeat
1 cup chopped nuts

Line bottom of 9 x 9-inch cake pan with waxed paper. Cream lard and sugar together. Add egg yolks and beat well. Add salt, vanilla, soda dissolved in boiling water, grated rind, fruit juice, mincemeat and nuts, and mix thoroughly. Add flour and beat until well blended. Beat egg whites until stiff and fold into cake batter. Pour batter into pan. Bake in moderate oven (350° F.) for 40 minutes. 12 servings.

Peach Butterscotch Tarts

2 cups Pastry Mix (See page 33)
3 to 6 tablespoons cold water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly with a fork until the dough just forms a ball. Roll on lightly floured board or cloth. Line six individual pie pans with pastry and crimp edges. Add filling. Bake in moderate oven (375° F.) for 25 minutes.

Filling

1 No. 2½ can sliced peaches
3 tablespoons butter
1½ tablespoons flour
2 tablespoons corn sirup
⅜ cup brown sugar
1 teaspoon lemon juice
⅛ teaspoon ground mace

Melt butter and blend with flour. Add sirup, sugar, lemon juice, and mace. Cook until thickened. Arrange peach slices in pie shells, and cover with butterscotch sauce. Yield: 6 tarts.

Gingerbread Mix

4 cups sifted flour
1 tablespoon soda
1 teaspoon baking powder
1 tablespoon ginger
1 teaspoon cinnamon
1 teaspoon salt
1 cup sugar
1 cup lard

Sift flour with remaining dry ingredients. Cut lard into dry ingredients until mixture is fine. Store in covered container in refrigerator. Yield: 6 cups.

Banana Gingerbread Shortcake

2 cups Gingerbread Mix
⅓ cup buttermilk
⅓ cup molasses
1 egg, beaten
6 bananas

Line 8-inch cake pan with wax paper. Heat buttermilk and molasses just to boiling point. Add to Gingerbread Mix, stirring until dry ingredients disappear. Add egg and stir into batter. Pour into cake pan and bake in moderate oven (350° F.) for 25 minutes. When cool split and place sliced bananas between and on top of layers. Serve with whipped cream. 8 servings.

Biscuit Mix

8 cups sifted flour
¼ cup baking powder
4 teaspoons salt
Lard (1½ cups for hard wheat flour or 1 cup for soft wheat flour)

Sift flour again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. Yield: 10 cups mix.

To make biscuits add enough milk to desired amount of Biscuit Mix to make a soft dough.

LARD IS AN EXCELLENT SOURCE OF ENERGY

Cornbread Mix

4 cups sifted flour
2 tablespoons baking powder
2 teaspoons salt
½ cup sugar, if desired
3 cups corn meal
½ cup lard

Sift flour, baking powder, salt, sugar and corn meal together. Cut lard into mixture until fine grained. Cover and store in refrigerator. Yield: 8 cups mix.

Cornbread

2 cups Cornbread Mix
1 cup milk
1 egg, beaten

Add milk and egg to Cornbread Mix, stirring until well blended. Pour batter into 6 x 10-inch pan. Bake in moderately hot oven (400° F.) 25 to 30 minutes. 6 servings.

Pastry Mix

7 cups sifted flour
4 teaspoons salt
Lard (2 cups for hard wheat flour, or 1¾ cups for soft wheat flour)

Combine flour and salt. Cut lard into flour mixture until the crumbs are about the size of small peas. Store Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month. Yield: 8 single pie crusts.

Single Pie Crust

1 cup sifted flour
¾ teaspoon salt
4 to 5 tablespoons lard
2 to 5 tablespoons cold water

Add salt to flour. Cut lard into flour mixture until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly with a fork until dough just holds in a ball. Use as little water as possible. Roll to about one-eighth inch in thickness. Bake according to direction in recipes.

LARD SUPPLIES NUTRIENTS FOR A HEALTHY SKIN

MEAT FACTS
You Should Know

1. All meat is tender if cooked by the right method.
2. Meats cooked at low temperature are more palatable.
3. All roasts should be cooked on a rack, fat side up.
4. Pork is always cooked well done.
5. Freezing does not materially affect the tenderness of meat.
6. Lamb should always be served hot or cold, never lukewarm.
7. Uncooked fresh meat should be loosely covered when stored in the refrigerator.
8. Cooked meat should be closely covered when stored in the refrigerator.
9. Meat should always be carved across the grain.
10. Lard is an all-purpose cooking fat.
11. Meat should not be covered during roasting.
12. A meat thermometer registers the doneness of roasts.

13 Fresh meat may be wiped with a damp cloth but should not be washed.

14 Less-tender cuts of meat should be braised or cooked in liquid.

15 Meat should never be boiled, just simmered.

16 Roasts may be salted before, during or after cooking.

17 All meat should be cooked at low temperature.

18 Frozen meat does not need to be defrosted before it is cooked.

19 Veal is always cooked well done.

20 Pour off fat as it collects when panbroiling meat.

21 Meat should always be stored in the coldest part of the refrigerator.

22 Steaks and chops are salted after browning.

23 The fell should not be removed from a leg of lamb before roasting.

24 Beef may be cooked rare, medium or well done.

25 Frozen meat should not be refrozen after defrosting.

26 Bacon should be closely wrapped when it is placed in the refrigerator.

27 Lamb may be cooked medium or well done.

28 Meat affords more in variety than any other food.

29 Frozen meat may be defrosted at room temperature or in the refrigerator.

30 Meat should never be seared.

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California & Hawaiian Sugar Refining Co.
Carr Consolidated Biscuit Co.
The Climalene Co.
Coca Cola Bottling Co. of St. Louis
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Faultless Starch Co.
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Food Center & Jim Remley Stores of St. Louis
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The Hippolite Co.
Kellogg Co.
The Kroger Co.
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